



Fast Facts

Bay Area Best Workplaces for CommutersSM

- In 2006, 179 employers and 4 districts qualified for the fifth annual Bay Area's Best Workplaces for Commuters list.
- The 317,632 commuters covered by the 2006 Bay Area's Best Workplaces for Commuters list will help reduce nearly 154,000 metric tons of carbon dioxide per year, a reduction equivalent to growing nearly 4 million tree seedlings for 10 years.

Local Commuting Facts

- Bay Area commuters averaged a 26.9 minutes in 2005, 2.5 minutes less than their commuting time in 2000. (*Inside Bay Area.com, August 30, 2006*)
- The San Francisco-Oakland area consumed 97 million gallons of excess fuel in 2005. (*2005 Urban Mobility Study, Texas Transportation Institute*)
- The average annual Bay Area traffic delay per capita for 2003 was 72 hours compared to 47 hours nationally. (*2005 Urban Mobility Study, Texas Transportation Institute*)
- 64% of commuters in the San Francisco-Oakland-Fremont area, 1,232,007 commuters, drove alone to work in 2005. (*Census American Community Survey 2005*)
- Bay Area workers spent nearly 52 million minutes traveling to work in 2005. (*Census American Community Survey 2005*)

National Commuting Facts

- The average annual delay per peak-road traveler in 85 urban areas was 47 hours per year in 2003. The total cost of congestion came to \$63 billion, which includes wasted time and fuel. (*2005 Urban Mobility Study, Texas Transportation Institute*)
- Public transportation usage has increased more than 23 percent between 1995 and the present. (*American Public Transportation Association, 2006*)
- The American Public Transportation Association (APTA) estimates that approximately 33 million trips are taken on public transportation each weekday in the United States. (*American Public Transportation Association, 2006*)
- In 2003, congestion resulted in 3.7 billion person-hours, or more than 92 million work weeks of delay in the United States. (*2005 Urban Mobility Study, Texas Transportation Institute*)

Health Facts

- Commuters prone to heart attacks face triple the risk of having a heart attack within an hour of being in traffic. (*New England Journal of Medicine, October 21, 2004*)
- Walking two miles a day can reduce your chances of a heart attack by 28 percent. (*Brookes University Health Walks Research*)

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The Bay Area's Best Workplaces for CommutersSM Coalition

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Northern California Chapter of the Association for Commuter Transportation
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- Walking to work gives you a 20 percent less chance of getting breast cancer, a 30 percent less chance of getting heart disease, a 50 percent less chance of diabetes, and would help you live longer and healthier into old age. (*Nurse's Health Study, Archives of Internal Medicine; New England Journal of Medicine*)
- 159 million Americans—55 percent of the U.S. population—live where they are exposed to unhealthy levels of ozone air pollution. (*EPA Green Book 2004*)
- Exposure to traffic-related pollution, such as exhaust from cars, trucks, and school buses, increases a child's risk of respiratory complications as well as a lifetime risk of cancer. (*American Academy of Pediatrics, December 6, 2004*)

Air Quality Facts

- Between 2002 and 2012, vehicle miles from drive-alone commuting will increase by at least 15 percent—generating an additional 43 million metric tons of CO₂ annually. (*U.S. Bureau of Labor Statistics and U.S. EPA*)
- Motor vehicles are responsible for approximately 75% of the smog in the Bay Area. (*BAAQMD*)
- The Bay Area exceeded state and federal air pollution levels 49 days between January 1, 2006 and September 11, 2006. (*BAAQMD 2005 Ozone Strategy*)

Financial Facts

- Eighteen percent of household income is dedicated to transportation—before recent price increases. (*U.S. Bureau of Labor Statistics*)
- In 2005, it cost an average of 56.1 cents per mile, or \$8,410 per year, to own and operate a domestically produced midsize vehicle. (*AAA Online, March 21, 2005*)
- On average, constructing a parking space costs between \$1,500 (for a surface lot) and \$17,400 (in a garage). In addition, average annual maintenance and operating costs for each space ranges from \$420 to \$740. (*2004 Benchmarking the Parking Profession, International Parking Institute*)

Work/Life Effectiveness Facts

- Workers with flexible options—such as teleworking from home or having alternative work hours—are least likely to leave their companies, have the highest productivity, and enjoy better mental health. (*Families and Work Institute, 2004*)
- A majority of commuters (57%) expressed interest in working for an employer that offers a commuter benefits program. (*GfK Automotive, National Survey Findings on Attitudes and Behaviors*)

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